

Nutritious Story Time

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Why Read to Children in your Food/Nutrition Program?

- An opportunity to combine nutrition education with literacy
- Teaches parents through their children
- Provides meaningful nutrition experiences for preschool children
- Motivates staff

Research has shown that one of the biggest predictors of health status is literacy.

Steps to Story Time

Step 1 Make a game of bringing the children and parents in to story time.

- Use “Seedies” or props

Step 2 Read with expression!

Other tips for reading to children

- Hold the book so everyone can see it.
- Use props to highlight important parts of the story.
- Point out objects in the book.
- Involve the children in the story.

Step 3 Play a game to reinforce the message.

- Give Me Five glove
- Fruit Tree game
- Hidden low fat milk caps

Step 4 Make a craft or prepare food and share nutrition information with the parents.

- Butterfly craft
- Give Me Five headbands
- Rainbow streamer plate
- Cow puppet

Step 5 Sing a song or dance to reinforce the nutrition message.

- Give Me Five CD
- A Tisket A Tasket

Step 6 Pass out nutrition information to parents and books to children.

Over 200 clients were surveyed and 93% of those surveyed prefer Nutritious Story Time over an individual appointment for their nutrition education.

One craft/game/song I saw demonstrated today that I will try_____.

